

B5-B6 Breakout 3 Shot Czech - U17

Key Points:

Shoot while moving and hit the net. Follow shot for a rebound and then screen. Give a target and then hustle back to the lineup on the whistle.

Description:

1. Forwards in the middle and Defense at each end.
2. F1 pass to D1 who drive skates.
3. F1 and F2 get open for a breakout pass.
4. D1 pass to F1.
5. F1 pass to F2 who attacks-shoots-screens.
6. F1 spin then get a pass from the coach and shoot.
7. D1 get a pass from the coach and take a point shot or shot pass while F1 screens and F2 is ready for a shot pass.
8. Do this from both sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154630289>

<https://youtu.be/p2PSzfxwCXc>

